

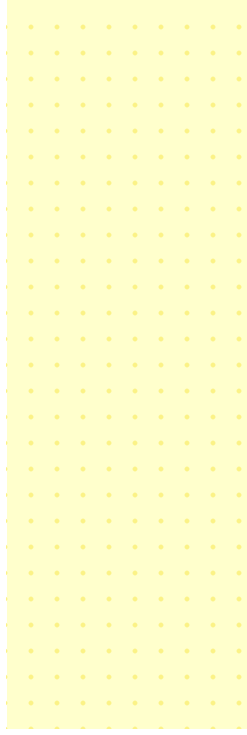


# Calendário de planos para Janeiro

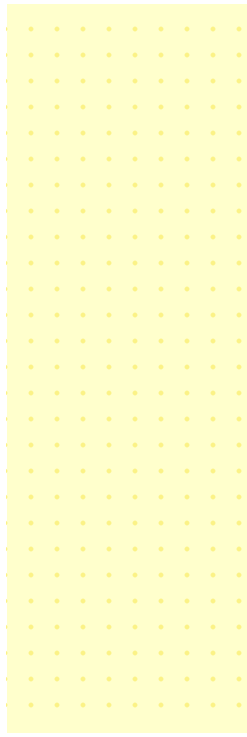
DOMINGO	SIGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

# ATIVIDADES E OBJETIVOS DE JANEIRO

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	



<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	



DOM SEG TER QUA QUI SEX SÁB  
 1 2 3 4 5 6 7  
 8 9 10 11 12 13 14  
 15 16 17 18 19 20 21  
 22 23 24 25 26 27 28  
 29 30 31  
 1 - Confraternização Universal

2 segunda

3 terça

4 quarta

★	★	★
★	★	★
★	★	★

planos  
 PARA ESTA  
 SEMANA


*"Viva a cada dia como se a vida estivesse começando."*  
 JOHANN GOETHE

5

quinta

6

sexta

7

sábado

NÃO POSSO esquecer



Handwriting practice area for Friday and Saturday, consisting of a grid of boxes with dotted lines for tracing.

Large blue rectangular area for writing on Saturday.

URGENTE

8

domingo



GRATIDÃO

Handwriting practice area for Sunday, consisting of a grid of boxes with dotted lines for tracing.

Large blue rectangular area for writing on Sunday.

E QUE VENHA MAIS UMA linda semana!



DOM SEG TER QUA QUI SEX SÁB

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31

1 - Confraternização Universal

9 segunda

10 terça

11 quarta



planos  
PARA ESTA  
SEMANA

Handwriting practice lines consisting of multiple horizontal red lines.

*"Nada é tão  
nossa quanto  
nossas sonhas"*  
NIETZSCHE

Main calendar grid with three columns and three rows, each cell containing a dotted line for writing.

12 quinta

13 sexta

14 sábado

NÃO POSSO esquecer

★  
★  
★

★

Handwriting practice grid for Friday and Saturday mornings.

Large blue writing area for Saturday.

Handwriting practice lines.

URGENTE

15 domingo

Handwriting practice grid for Sunday mornings.

★

Large blue writing area for Sunday.

GRATIDÃO

Handwriting practice lines.

E QUE VENHA MAIS UMA linda semana!

★★★★★★





19

quinta

20

sexta

21

sábado

NÃO POSSO  
*esquecer*



URGENTE

22

domingo



GRATIDÃO

E QUE VENHA MAIS UMA  
*linda semana!*



DOM SEG TER QUA QUI SEX SÁB  
 1 2 3 4 5 6 7  
 8 9 10 11 12 13 14  
 15 16 17 18 19 20 21  
 22 23 24 25 26 27 28  
 29 30 31  
 1 - Contratemização Universal

23 segunda

24 terça

25 quarta



planos  
 PARA ESTA  
 SEMANA

Handwriting practice lines consisting of multiple horizontal red lines.

*Não existe um caminho para a felicidade. A felicidade é o caminho!*  
 MAHATMA GANDHI

A large grid for planning, divided into three vertical columns and three horizontal sections by light blue bars. Each cell contains a vertical dotted line for writing.

26 quinta

27 sexta

28 sábado

NÃO POSSO esquecer



Handwriting practice area for Friday and Saturday, consisting of a grid of dotted lines.

Large blue rectangular area for writing on Saturday.

Yellow vertical area with diagonal lines, containing the word 'URGENTE' in red.

29 domingo



GRATIDÃO

Handwriting practice area for Sunday, consisting of a grid of dotted lines.

Large blue rectangular area for writing on Sunday.

Yellow vertical area with horizontal lines for writing.

E QUE VENHA MAIS UMA linda semana!



# balanço do mês

ONDE ACERTEI

---

---

---

---

---

---

---

---

---

---

ONDE ERREI

---

---

---

---

---

---

---

---

---

---

COMO POSSO MELHORAR:

---

---

---

---

---

---

---

---

---

---

★ LIÇÃO APRENDIDA: \_\_\_\_\_

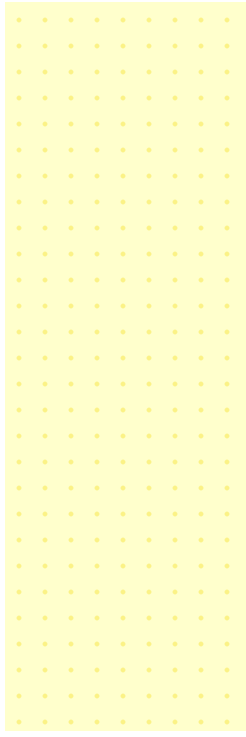
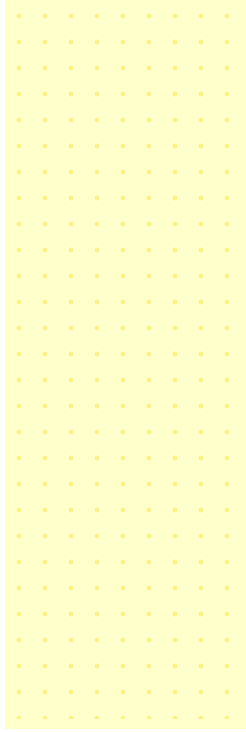
---



# Planejamento para Fevereiro

DOMINGO	SIGUNDA	TERÇA	QUARTA	QUINIA	SEXTA	SÁBADO
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	1	2	3	4

# ATIVIDADES E OBJETIVOS DE FEVEREIRO







2

*quinta*

3

*sexta*

4

*sábado*

NÃO POSSO  
*esquecer*



URGENTE

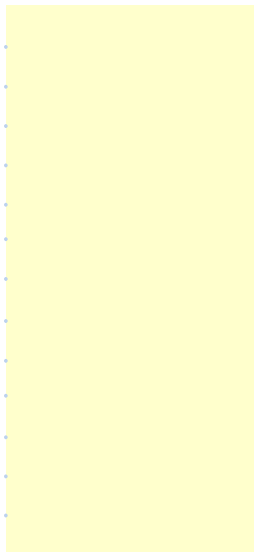


5

*domingo*



GRATIDÃO



E QUE VENHA MAIS UMA  
*linda semana!*





9

quinta

10

sexta

11

sábado

NÃO POSSO esquecer



URGENTE

12

domingo



GRATIDÃO

E QUE VENHA MAIS UMA linda semana!





16 quinta

★

★

★

17 sexta

★

★

★

18 sábado

★

[Yellow sticky note area]

NÃO POSSO  
esquecer

[Lined writing area]

URGENTE

19 domingo

★

[Yellow sticky note area]

GRATIDÃO

[Lined writing area]

E QUE VENHA MAIS UMA  
linda semana!



DOM SEG TER QUA QUI SEX SÁB

29 30 31 1 2 3 4

5 6 7 8 9 10 11

12 13 14 15 16 17 18

19 20 21 22 23 24 25

26 27 28

28 - Carnaval

20 segunda

21 terça

22 quarta



PLANOS  
para esta  
SEMANA



Blank writing lines for notes on the left side of the page.

Milagres  
acontecem  
quando a gente  
vai à luta!

OTM

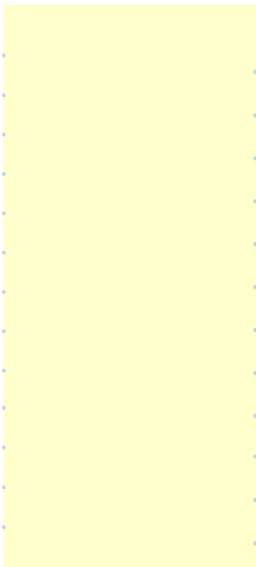
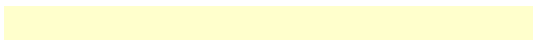
Large grid area for planning, featuring yellow horizontal bars and dotted lines for writing.

23 quinta

24 sexta

25 sábado

NÃO POSSO esquecer



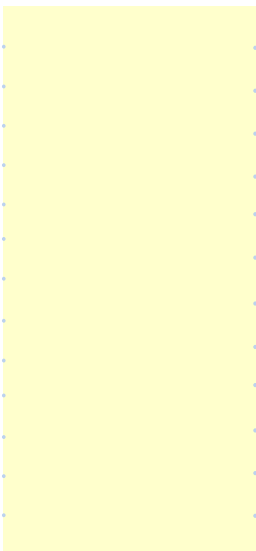
URGENTE



26 domingo



GRATIDÃO



E QUE VENHA MAIS UMA linda semana!



# balanço do mês

ONDE ACERTEI

---

---

---

---

---

---

---

---

---

---

ONDE ERREI

---

---

---

---

---

---

---

---

---

---

COMO POSSO MELHORAR:

---

---

---

---

---

---

---

---

---

---

★ LIÇÃO APRENDIDA: \_\_\_\_\_

---





# Calendária de planos para Março

DOMINGO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



DOM SEG TER QUA QUI SEX SÁB  
 26 27 28 1 2 3 4  
 5 6 7 8 9 10 11  
 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25  
 26 27 28 29 30 31

27 segunda

28 terça

1 quarta

★ \_\_\_\_\_

★ \_\_\_\_\_

★ \_\_\_\_\_

PLANOS  
 para esta  
 SEMANA




*Seja você  
 mesmo.  
 Todas as outras  
 já existem!*

2 quinta

3 sexta

4 sábado

NÃO POSSO esquecer




URGENTE

5 domingo




GRATIDÃO

E QUE VENHA MAIS UMA linda semana!





9

quinta

10

sexta

11

sábado

NÃO POSSO esquecer



URGENTE

12

domingo



GRATIDÃO

E QUE VENHA MAIS UMA linda semana!







16 quinta

17 sexta

18 sábado

NÃO POSSO esquecer

★  
★  
★

★  
★  
★

★

Blank grid area for Friday

Blank grid area for Friday

19 domingo

URGENTE

Blank grid area for Saturday

Blank grid area for Saturday

★

NOTAS

Blank grid area for Sunday

Blank grid area for Sunday

E QUE VENHA MAIS UMA linda semana!

NOTES section with horizontal lines and stars at the bottom

DOM SEG TER QUA QUI SEX SÁB

26 27 28 1 2 3 4

5 6 7 8 9 10 11

12 13 14 15 16 17 18

19 20 21 22 23 24 25

26 27 28 29 30 31

20 segunda

21 terça

22 quarta



planos  
PARA ESTA  
SEMANA

Handwritten notes area with horizontal lines.

"Tudo parece impossível, até que seja feita"  
MANDELA

Large grid area for planning, divided into three vertical columns and three horizontal sections by light blue bars.

23

quinta

24

sexta

25

sábado

NÃO POSSO esquecer



URGENTE

26

domingo



GRATIDÃO

E QUE VENHA MAIS UMA linda semana!



DOM SEG TER QUA QUI SEX SÁB

26 27 28 1 2 3 4

5 6 7 8 9 10 11

12 13 14 15 16 17 18

19 20 21 22 23 24 25

26 27 28 29 30 31

27 segunda

28 terça

29 quarta



planos  
PARA ESTA  
SEMANA

Handwriting practice lines (red and blue) on the left side of the page.

Que teus  
sonhos sejam  
maiores que  
teus medos

Main grid area for planning, divided into three columns and three rows by light blue headers. Each cell contains a vertical dotted line for writing.

30 quinta

31 sexta

1 sábado

NÃO POSSO esquecer



Two large empty rectangular boxes for notes, one on the left and one on the right of the first row.

A large yellow rectangular area for notes in the third column of the first row.

URGENTE

Two large empty rectangular boxes for notes, one on the left and one on the right of the second row.

2 domingo



A large yellow rectangular area for notes in the third column of the second row.

GRATIDÃO

Two large empty rectangular boxes for notes, one on the left and one on the right of the third row.

E QUE VENHA MAIS UMA linda semana!



# balanço do mês

ONDE ACERTEI

---

---

---

---

---

---

---

---

---

---

ONDE ERREI

---

---

---

---

---

---

---

---

---

---

COMO POSSO MELHORAR:

---

---

---

---

---

---

---

---

---

---

★ LIÇÃO APRENDIDA: \_\_\_\_\_

---



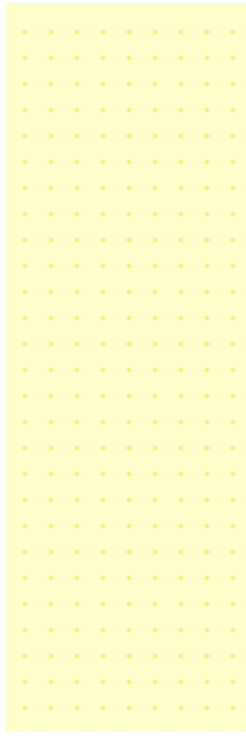
# Planejamento para Abril

DOMINGO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

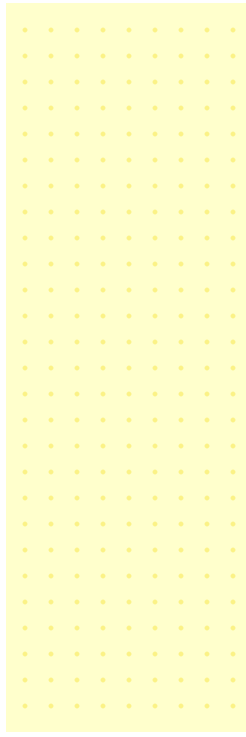


# ATIVIDADES E OBJETIVOS DE ABRIL

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	



<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	





6

quinta

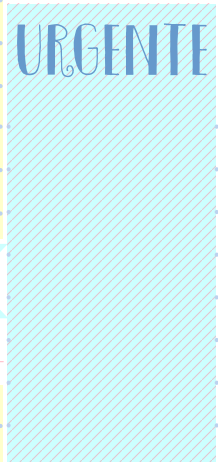
7

sexta

8

sábado

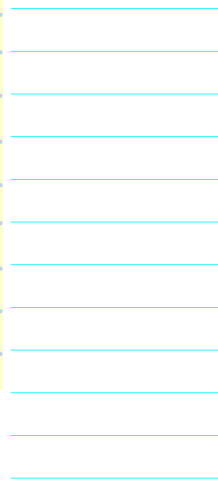
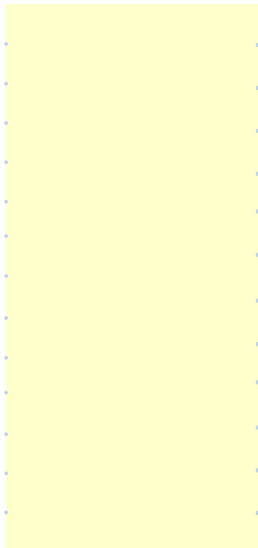
NÃO POSSO esquecer



GRATIDÃO

9

domingo



E QUE VENHA MAIS UMA linda semana!



DOM SEG TER QUA QUI SEX SÁB

26 27 28 29 30 31 1  
2 3 4 5 6 7 8  
9 10 11 12 13 14 15  
16 17 18 19 20 21 22  
23 24 25 26 27 28 29  
30

14 - Sexta da Paixão  
16 - Páscoa  
21 - Trócentos

10 segunda

11 terça

12 quarta



PLANOS  
para esta  
SEMANA



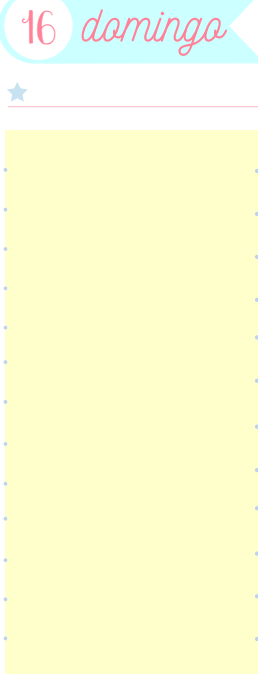
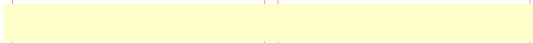
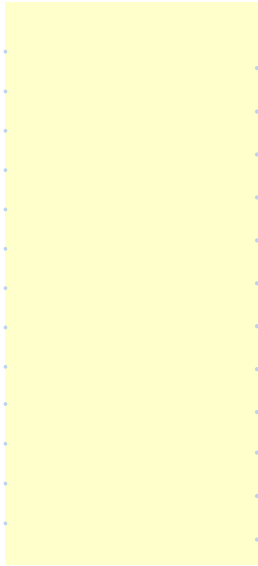
Se podes  
sonhar,  
podes  
realizar

13 quinta

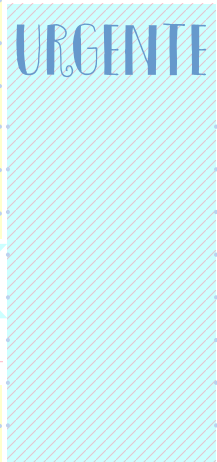
14 sexta

15 sábado

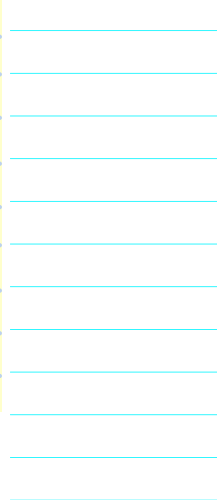
NÃO POSSO esquecer



E QUE VENHA MAIS UMA linda semana!



GRATIDÃO



DOM SEG TER QUA QUI SEX SÁB

26 27 28 29 30 31 1

2 3 4 5 6 7 8

9 10 11 12 13 14 15

16 17 18 19 20 21 22

23 24 25 26 27 28 29

30

14 - Sexta da Paixão

16 - Páscoa

21 - Trócentos

17 segunda

18 terça

19 quarta



# PLANOS para esta SEMANA



Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line.

Three vertical columns for writing, each with a dashed midline and a dotted right margin line.

*"Guarde os seus medos para si, mas partilhe as suas inspirações com os outros."*

R. L. STEVENSON

Three vertical columns for writing, each with a dashed midline and a dotted right margin line.

Three vertical columns for writing, each with a dashed midline and a dotted right margin line.



DOM SEG TER QUA QUI SEX SÁB

26 27 28 29 30 31 1  
2 3 4 5 6 7 8  
9 10 11 12 13 14 15  
16 17 18 19 20 21 22  
23 24 25 26 27 28 29  
30

14 - Sexta da Paixão  
16 - Páscoa  
21 - Tridentes

24 segunda

25 terça

26 quarta

Star icons on horizontal lines for each day of the week.

PLANOS  
para esta  
SEMANA



Main planning grid with yellow header bars and dotted lines for notes.

Colecione  
momentos,  
não coisas



27 quinta

28 sexta

29 sábado

NÃO POSSO esquecer

★  
★  
★

★

[Yellow bar]

[Dotted grid]

[Yellow bar]

[Lined area]

URGENTE

[Yellow bar]

30 domingo

[Dotted grid]

★

[Yellow bar]

[Dotted grid]

[Yellow bar]

GRATIDÃO

[Lined area]

E QUE VENHA MAIS UMA linda semana!

★★★★★★



ONDE ACERTEI

---

---

---

---

---

---

---

---

---

---

ONDE ERREI

---

---

---

---

---

---

---

---

---

---

COMO POSSO MELHORAR:

---

---

---

---

---

---

---

---

---

---

★ LIÇÃO APRENDIDA: \_\_\_\_\_

---



# Calendária de planos para Maio

DOMINGO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3





4 quinta

5 sexta

6 sábado

NÃO POSSO esquecer



Two columns of dotted lines for writing on Thursday and Friday.

A large blue rectangular area for writing on Saturday.

URGENTE

7 domingo



GRATIDÃO

Two columns of dotted lines for writing on Sunday.

A large blue rectangular area for writing on Sunday.

Horizontal lines for writing on the right side of the page.

E QUE VENHA MAIS UMA linda semana!



DOM SEG TER QUA QUI SEX SÁB

30 1 2 3 4 5 6

7 8 9 10 11 12 13

14 15 16 17 18 19 20

21 22 23 24 25 26 27

28 29 30 31

1 - Dia do Trabalho

8 segunda

9 terça

10 quarta



planos  
PARA ESTA  
SEMANA

Handwriting practice lines (red and blue) for the left column.

É capaz  
todo aquele  
que pensa  
ser capaz."

Main grid for planning, divided into three vertical columns and three horizontal sections by blue bars.



11

quinta

12

sexta

13

sábado

NÃO POSSO esquecer



Handwriting practice area for Friday and Saturday with a grid of dots.

Large blue writing area for Saturday.

URGENTE

14

domingo



GRATIDÃO

Handwriting practice area for Sunday with a grid of dots.

Large blue writing area for Sunday.

Handwriting practice area for gratitude with horizontal lines.

E QUE VENHA MAIS UMA linda semana!





18 quinta

19 sexta

20 sábado

NÃO POSSO esquecer



Two columns of lined writing space for the first two days.

Large blue rectangular area for the Saturday page.

Vertical yellow area with diagonal lines, containing the text 'URGENTE' in red.

21 domingo



Two columns of lined writing space for the first two days.

Large blue rectangular area for the Sunday page.

GRATIDÃO

Vertical yellow area with horizontal lines for the Sunday page.

E QUE VENHA MAIS UMA linda semana!



DOM SEG TER QUA QUI SEX SÁB

30 1 2 3 4 5 6

7 8 9 10 11 12 13

14 15 16 17 18 19 20

21 22 23 24 25 26 27

28 29 30 31

1 - Dia do Trabalho

22 segunda

23 terça

24 quarta



planos  
PARA ESTA  
SEMANA

Handwriting practice lines (red top and bottom lines, blue middle line) for the left column of the calendar grid.

*"A melhor coisa que pode fazer é surpreender-se a si própria."*  
STEVE MARTIN

Main calendar grid with three columns and four rows. Each cell contains a large blue dot grid for planning. Light blue horizontal bars separate the rows.

25 quinta

26 sexta

27 sábado

NÃO POSSO esquecer



Two large empty rectangular boxes for notes on Friday and Saturday.

A large light blue rectangular area for notes on Saturday.

A vertical yellow area with diagonal lines, containing the word 'URGENTE' in red.

28 domingo



GRATIDÃO

Two large empty rectangular boxes for notes on Sunday.

A large light blue rectangular area for notes on Sunday.

A series of horizontal lines for writing on the right side of the page.

E QUE VENHA MAIS UMA linda semana!





1 quinta

2 sexta

3 sábado

NÃO POSSO esquecer



Handwriting practice area for the first two days, featuring a yellow header bar and a dotted grid.

Large yellow rectangular area for notes or tasks on Saturday.

URGENTE

4 domingo



Handwriting practice area for the first two days of the second week, featuring a yellow header bar and a dotted grid.

Large yellow rectangular area for notes or tasks on Sunday.

GRATIDÃO

E QUE VENHA MAIS UMA linda semana!



# balanço do mês

ONDE ACERTEI

---

---

---

---

---

---

---

---

---

---

ONDE ERREI

---

---

---

---

---

---

---

---

---

---

COMO POSSO MELHORAR:

---

---

---

---

---

---

---

---

---

---

★ LIÇÃO APRENDIDA: \_\_\_\_\_

---





# Planejamento para Junho

DOMINGO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1





8

quinta

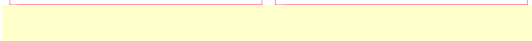
9

sexta

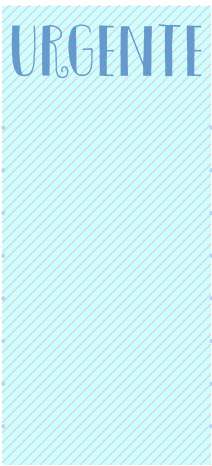
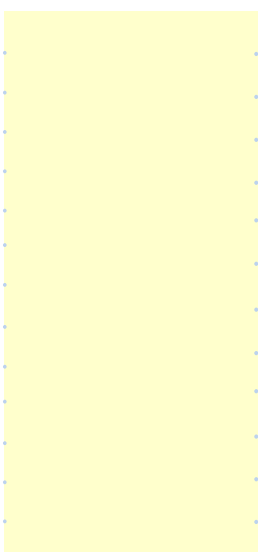
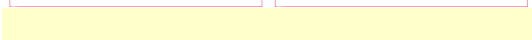
10

sábado

NÃO POSSO esquecer

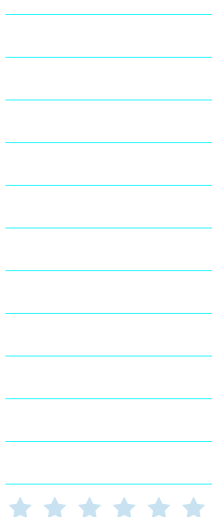


11 domingo



GRATIDÃO

E QUE VENHA MAIS UMA linda semana!





15

quinta

16

sexta

17

sábado

NÃO POSSO esquecer



Handwriting practice area for Friday and Saturday with a yellow header bar and a dotted grid.

Handwriting practice area for Saturday and Sunday with a yellow header bar and a dotted grid.

Handwriting practice area for Sunday with a yellow header bar and a dotted grid.

Large yellow rectangular area for notes on Saturday.

18 domingo



Large yellow rectangular area for notes on Sunday.

URGENTE

GRATIDÃO

E QUE VENHA MAIS UMA linda semana!







22 quinta

23 sexta

24 sábado

NÃO POSSO esquecer

★  
★  
★

★



URGENTE

Handwriting practice area with red and blue lines and dots.



25 domingo

Handwriting practice area with red and blue lines and dots.

★

GRATIDÃO



Handwriting practice area with red and blue lines and dots.

E QUE VENHA MAIS UMA linda semana!

Handwriting practice area with blue lines and stars.

DOM SEG TER QUA QUI SEX SÁB

28 29 30 31 1 2 3

4 5 6 7 8 9 10

11 12 13 14 15 16 17

18 19 20 21 22 23 24

25 26 27 28 29 30

15 - Corpus Christi

26 segunda

27 terça

28 quarta



PLANOS  
para esta  
SEMANA



Use seu  
tempo livre  
para ser  
livre

29

quinta

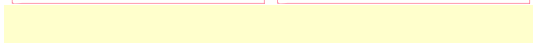
30

sexta

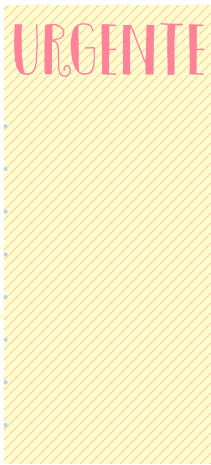
1

sábado

NÃO POSSO esquecer



2 domingo



GRATIDÃO

E QUE VENHA MAIS UMA linda semana!



# balanço do mês

ONDE ACERTEI

---

---

---

---

---

---

---

---

---

---

ONDE ERREI

---

---

---

---

---

---

---

---

---

---

COMO POSSO MELHORAR:

---

---

---

---

---

---

---

---

---

---

★ LIÇÃO APRENDIDA: \_\_\_\_\_

---